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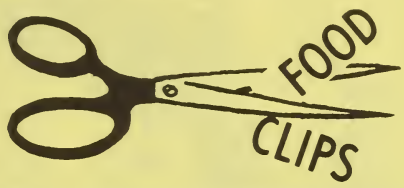
# Food and Home Notes

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Soybeans are...a valuable source of oil, flour, and grits. Dry soybeans contain 1½ times as much protein as other dry beans and 11 times as much fat.

\* \* \*

One pound of fresh soybean sprouts (as purchased or prepared at home) yields 4 cups of ready-to-use sprouts. They may be stored for 3 to 5 days in the refrigerator, according to researchers at the U.S. Department of Agriculture.

\* \* \*

Soy milk contains less calcium, phosphorous, vitamin A, and some other nutrients -- but has more iron than cow's milk. The fat content is about one-half to two-thirds that of whole milk.

\* \* \*

Processed soybean oil may be used as oil in any recipe. It is light in color and has a mild flavor. But--remember to keep it in the refrigerator after opening.

\* \* \*

Dry soybeans may be purchased year around and are prepared for eating in the same ways as other dry beans.

## FOOD ALLERGIES And What to Avoid

Worried about baking for people with food allergies? The U.S. Department of Agriculture has a new publication that will help to solve your problem. It contains recipes for cornflake pie crust, oatmeal cookies, apple crisp, blueberry upside-down dessert, toffee cookies made without wheat, eggs or milk, brown bread, crackers, biscuits and bread sticks, made without wheat or eggs...muffins, waffles and spoonbread, all made without wheat.

One of the important items in baking for people with food allergies is to know that different flours are available. Each flour functions a little differently in relation to other ingredients. When making substitutions you should experiment to see what differences might be tolerated and how the total product is accepted when prepared, according to USDA's Agricultural Research Service.

The newly revised Home and Garden Bulletin No. 147 "Baking for People with Food Allegies" is available from the Government Printing Office, Washington, D.C. 20402 for 35 cents.



## What's New?

Plastic bowls, trays, utensils, packaging materials are great--if they also were degradable and weren't petroleum based. Now, U.S. Department of Agriculture scientists at the Agricultural Research Service's Northern Research Laboratory at Peoria, Ill., may have the answer. It's corn starch.

Using a standard polyvinylchloride (PVC) formula, but with up to 60 percent corn starch additives, they've developed a plastic that (1) is degradable; (2) conserves scarce petroleum raw material (3) is cheaper. What's more, according to chemist Felix H. Otey who is studying the project, the new plastic won't release toxic compounds when burned -- as most plastics do.

An added factor: A version of the new cornstarch plastic could also be used to produce plastic film to mulch vegetables. Again, it's bio-degradable--which means organisms found in the soil would break it down. And, the farmer, or gardener, can simply plow it under.



U.S.D.A. Scientist Otey holds samples of the new "Corn Starch" plastic products being developed.



## COST OF FOOD AT HOME FOR A WEEK (June)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$28.70	\$36.10	\$43.40
Elderly couple.....	25.40	31.70	37.90
Family of 4 with preschool children.....	40.40	50.40	60.70
Family of 4 with elementary school children.....	48.90	61.40	73.80
Individuals*			
Women			
20-54 years.....	11.60	14.50	17.40
55 years and over.....	10.40	12.90	15.40
Men			
20-54 years.....	14.50	18.30	22.10
55 years and over.....	12.70	15.90	19.10
Children			
1-2 years.....	6.50	8.00	9.60
3-5 years.....	7.80	9.60	11.60
6-8 years.....	10.10	12.70	15.20
9-11 years.....	12.70	15.90	19.10
Girls 12-19 years.....	12.00	14.90	17.80
Boys 12-14 years.....	13.50	16.90	20.30
15-19 years.....	14.90	18.70	22.50

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.



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**savenergy**  
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On Home Lighting

Why don't you - - -

- \* Turn off unnecessary lights...indoors and out
- \* Reduce lighting levels to minimum for task to be performed
- \* Use bulbs with lower wattage in halls, stairways, and other areas of general illumination.
- \* Use light colors in decorating to improve lighting efficiency
- \* Do task which require a high light level during the daylight hours when possible
- \* Keep lighting fixtures clean
- \* Use fluorescent lighting for maximum light from electrical energy use
- \* Use timers to turn lights on in the evening rather than leaving lights on all day when no one is home




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FISH FARMS DECREASING

Fish farming acreage for trout, catfish, and minnow farming decreased slightly more than 20 percent compared with the 1974 average.

But --- the number of fee-fishing enterprises reached nearly 3,950. That's about two hundred more than last year according to the Soil Conservation Service of the U.S. Department of Agriculture.

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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898